



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Houben, Rudolf

000: 4:13:32

00: LLG 80 Nordpark Köln

00: 9.94 km/h

00: 61

0000: 6:01 min/km

00: 42.18 km

00000/000: 89 (of 305)

Marathon

00000/0: 84 (of 271)

000000: 3:01:21

0000:

00000: 3(of 12)

Männer M55

0000000: 3:17:56

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	0.50	1:35	3:09	3	0:20	57	0:26	0.50	1:35	3:09	3	0:20	82	
Runde	3.47	18:32	5:20	5	3:19	96	5:01	3.97	20:07	5:04	3	3:39	103	
Runde	3.47	19:37	5:39	4	4:11	120	5:23	7.44	39:44	5:20	3	7:50	101	
Runde	3.47	19:58	5:45	4	4:08	131	16:49	10.91	59:42	5:28	3	11:58	100	
Runde	3.47	19:54	5:44	4	3:43	108	5:33	14.38	1:19:36	5:32	3	15:41	98	
Runde	3.47	19:47	5:42	3	3:33	95	5:22	17.85	1:39:23	5:34	3	19:14	97	5:21
Runde	3.47	20:03	5:46	3	3:35	90	5:28	21.32	1:59:26	5:36	3	22:49	96	32:18
Runde	3.47	21:07	6:05	5	4:31	97	6:35	24.79	2:20:33	5:40	3	27:20	96	38:30
Runde	3.47	21:34	6:12	3	4:31	88	7:09	28.26	2:42:07	5:44	3	31:51	91	44:50
Runde	3.47	22:36	6:30	6	5:27	103	7:37	31.73	3:04:43	5:49	3	37:18	89	51:12
Runde	3.47	23:31	6:46	6	6:01	103	8:04	35.20	3:28:14	5:54	3	43:19	85	54:04
Runde	3.47	23:38	6:48	4	7:13	86	7:46	38.67	3:51:52	5:59	3	50:32	84	1:06:44
Ziel	3.47	21:40	6:14	3	5:04	61	6:04	42.18	4:13:32	6:00	3	55:36	84	1:12:11